

Since



1847

MILLER'S
RECIPE BOOK

featuring

MILLER'S BRITISH BAKING POWDER.

INDEX

	Page		Page
Almond Pudding	29	Miller's Lunch-time Morsels	17
Apple Cheese Cakes	26	Mince Roly-Poly	17
Baked Date or Fig Roll	18	National Wheatmeal Fruit	
Bakewell Tarts	24	Cake	7
Batter for Coating Fish	5	National Wheatmeal Scones	22
Cheese and Semolina Soufflé		National Wheatmeal Short-	
with Tomatoes	25	bread	12
Cheese Crisps	32	Oat Flake Dodgers	11
Cheese Potato Scones	22	Oatmeal Pastry	16
Cheese Rolls	9	Parsley Pudding	10
Chocolate Apple Pudding	10	Potato Parkin Fingers	26
Chocolate Potato Buns	8	Potato Pastry	15
Chocolate Spread	21	Potato Pastry without fat	16
Christmas Cake	13	Potato Pikelets	26
Cream Crackers	27	Potato Rock Cakes	9
Date and Apple Pie	18	Potato Sausage Rolls	18
Date Cookies	31	Potato Shortcrust (rich)	15
Date Doughboys with Caramel		Potato Splits	22
Sauce	27	Potato Suet Crust Pastry	16
Date Loaf	23	Potato and Carrot Pancakes	11
Dundee Cake	13	Prune Dumplings	28
Emergency Rolls	21	Puff Balls	25
Flaky Fruit Biscuits	6	Rock Buns	14
Fruit Shortcake	24	Rough Puff Pastry	25
Ginger Buns	8	Savoury Crunchies	8
Ginger Nuts	19	Scotch Bun Slice	11
Golden Breakfast Cakes	32	Shortcrust Pastry	15
Golden Ginger Cake	31	Shrewsbury Biscuits	6
Golden Nobs	31	Spiced Cake	9
Golden Sponge Pudding		Spiced Tea Buns	28
(Baked)	30	Sponge Cake (Eggless)	21
(Steamed)	30	Steamed Carrot or Beetroot	
Home-made Bread	6	Pudding	10
Introduction	1	Story of Miller's British	
Irish Sponge Cake	20	Baking Powder	3
Lemon Curd Tart	13	Suet Pastry	15
Marzipan	24	Sugarless Sponge Pudding	27
Madeira Cake	20	Universal Biscuits	28
Meat and Vegetable Pie	17	Weights and Measures	4
Milkless Scones	20	Yorkshire Pudding	5
Miller's Special Fruit Cake	8		



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INTRODUCTION



TO the established generation of housewives MILLER'S has long been a household word. Therefore, to them at least, Miller's British Baking Powder needs no introduction, for it is already an old, a tried and a greatly trusted friend.

Younger housewives, however, belong to a different generation, and they are not prepared to accept anything simply because it is well established and enjoys

(continued verlaef)



MILLER'S FOR HOME BAKING

an honourable tradition. In short, it has to be demonstrated to the younger housewives, that the use of plain flour and Miller's British Baking Powder is by far the best way to bake. This is a task all the more agreeable because the modern young woman is very quick to appreciate a good thing when it is brought to her notice.

From many hundreds of recipes we have selected only those most suited to everyday needs at a time when eggs, fats and many other ingredients are scarce. Particularly it should be noted that good use is made of National DRIED EGGS.

All the recipes are the work of experts and are fully tested. They have been compiled with the greatest regard for present conditions. Note, for example, our experts' awareness of the need for appetising items in the lunch basket. The recipe for "Potato Splits" on page 22 is a case in point. And so we could go on dealing with every recipe in turn, for they are all good, and every one has been fully tested. Results will be up to your highest expectations if you carry them out exactly as printed, using PLAIN NATIONAL FLOUR and MILLER'S BRITISH BAKING POWDER.

JAMES MILLER (Food Products) LTD.

PARK PLACE, CHEETHAM
MANCHESTER 3

ESTABLISHED 1847

THE STORY OF

MILLER'S BRITISH Baking Powder

IN the early days of the reign of Queen Victoria, Dr. James Miller, an eminent physician of Brazennose Street, Manchester, became concerned at the extreme prevalence of digestive disorders, and he diagnosed these troubles as arising from the use of imported yeast. He therefore set himself the task of finding a healthful raising agent for bread that would avoid these complaints, and the result of his researches was the now familiar MILLER'S BRITISH BAKING POWDER.

By the year 1847 demand had so outstripped the capacity of Dr. Miller's dispensary that a well-equipped factory was built, and MILLER'S BRITISH BAKING POWDER became a regular article of commerce, and indeed a daily necessity in the kitchens of good cooks, not only for use in the baking of bread, but also for imparting lightness and digestibility to pastries, puddings and cakes.

It is noteworthy that the business to-day is in the hands of the great-grandsons of the founder. MILLER'S BRITISH BAKING POWDER, after 100 years, still continues to be made to the highest quality standards, and it is this fact which accounts for its secure position in the esteem of the discriminating housewife.



MILLER'S FOR HOME BAKING

A Handy Guide to WEIGHTS AND MEASURES

SOLIDS

One Tablespoon	...	...	...	...	...	...	...	1 oz.
One Dessertspoon	...	...	...	...	...	...	...	$\frac{1}{2}$ oz.
One Teaspoon	...	...	...	...	...	...	...	$\frac{1}{4}$ oz.
One Teacup	...	...	...	...	...	...	...	$\frac{1}{4}$ lb.
One Breakfastcup	...	...	...	...	...	...	...	$\frac{1}{2}$ lb.
One Hen's Egg	...	...	...	...	...	(approx.)	...	2 oz.
Two Tablespoons	Breadcrumbs	...	...	...	...	...	...	1 oz.
One Tablespoon	Jam or Treacle	...	...	...	...	...	...	2 oz.
One Lump	the size of a hen's egg	...	...	...	...	...	...	1 oz.
One Lump	the size of a walnut	...	...	...	...	...	...	$\frac{1}{2}$ oz.

LIQUIDS

One Teacup	...	...	...	...	...	...	...	$\frac{1}{4}$ pint
One Breakfastcup	...	...	...	...	...	...	...	$\frac{1}{2}$ pint
One Tumbler	...	...	...	...	...	...	...	$\frac{1}{2}$ pint

TEASPOON MEASURES

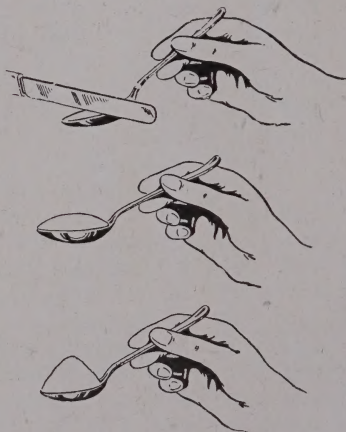
Some doubt occasionally exists on the exact meanings of these measures, but the pictures will make the matter perfectly clear

Top Picture shows a level teaspoonful—a knife blade is used to smooth off surplus.

Middle Picture illustrates a teaspoonful. It is important to note this. You will now see that a level teaspoonful is exactly half a tablespoonful.

Bottom Picture is of a heaped teaspoonful.

Give exactly the same interpretations to dessert and tablespoon measures.



HOME BAKING FOR HEALTH

BATTER FOR COATING FISH, etc.

8 ozs. flour $\frac{1}{2}$ pint milk and water in
Pinch of salt equal quantities
2 teaspoonsful Miller's British Baking Powder

Sieve the flour, salt and baking powder. Add the liquid gradually, beating to a smooth, clinging batter. Add a little more liquid if necessary.

YORKSHIRE PUDDING

4 ozs. flour Pinch of salt
1 egg (dried will do) $\frac{1}{2}$ pint milk
 $\frac{1}{2}$ teaspoonful Miller's British Baking Powder

Sieve the flour, salt and baking powder. Make a well in the centre, add the well-beaten egg, then the milk gradually. Beat very well until full of bubbles. Allow to stand. Add 1 tablespoonful of water and pour the mixture into smoking-hot fat. Bake in a fairly hot oven for 30 to 35 minutes according to size of tin.

Electric Temperature 400° F.

Regulo No. 5

EGGLESS YORKSHIRE PUDDING

4 tablespoonsful flour Pinch of salt
 $\frac{1}{2}$ pint milk or milk and 1 teaspoonful vinegar
water
1 level teaspoonful Miller's British Baking Powder

Sieve the flour, salt and baking powder. Make a well in the centre. Pour in the vinegar and milk gradually. Beat well for 10 minutes. Allow to stand for an hour or more, then beat again. Pour into smoking-hot fat. Bake in a fairly hot oven for 30 or 40 minutes.

Electric Temperature 400° F.

Regulo No. 5

HINT—If dried egg or dried milk is used, sieve with the salt and baking powder and add to the flour. Use the required quantity of water for mixing.

MILLER'S FOR HOME BAKING

HOME-MADE BREAD

- | | |
|---|----------------------------|
| 1 lb. flour | 1 teaspoonful golden syrup |
| 1 teaspoonful salt | Cold water |
| 3 teaspoonsful Miller's British Baking Powder | |

Sieve flour, salt and baking powder. Add the syrup and cold water to make a moist dough. Allow to stand about 10 minutes. Mould into shapes. Bake in shallow greased tins.

Electric Temperature 425° F.

Regulo No. 6

NOTE—After gaining experience with above recipe, try out your own variations, such for example as rubbing in 1 oz. of fat or adding a little dried fruit.

FLAKY FRUIT BISCUITS

- | | |
|---|-----------------------------------|
| 8 ozs. flour | 1 oz. chopped sultanas or raisins |
| 2 ozs. margarine | Milk to mix |
| 1 heaped teaspoonful Miller's British Baking Powder | |
| 2 ozs. sugar | $\frac{1}{4}$ teaspoonful salt |

Sieve flour, salt and baking powder, add the sugar, rub in the margarine. Mix to a very stiff paste with milk. Cut in half and roll out into two squares. Sprinkle the chopped fruit on one half and cover with the other. Roll out again to $\frac{1}{8}$ inch thick. Cut into fingers with a sharp knife. Bake on a greased tin in a moderately hot oven about 15 minutes.

Electric Temperature 400° F.

Regulo No. 5

SHREWSBURY BISCUITS

- | | |
|--|-----------------------|
| 8 ozs. flour | 4 ozs. margarine |
| 4 ozs. mashed potatoes | 2 ozs. sugar |
| $\frac{1}{4}$ teaspoonful of salt | 1 egg (dried will do) |
| Milk | |
| $\frac{1}{4}$ teaspoonful Miller's British Baking Powder | |

Sieve flour, baking powder and salt. Rub in the fat, then mix in the potato with the sugar. Mix to a stiff dough with egg and milk. Roll out about $\frac{1}{8}$ inch thick and stamp out. Bake on a greased tin in a moderately hot oven until golden brown.

Electric Temperature 350° F.

Regulo No. $3\frac{1}{2}$

See Hint at foot of page 5

HOME BAKING FOR HEALTH



NATIONAL WHEATMEAL FRUIT CAKE

8 ozs. flour	2 dried eggs
4 ozs. sugar	4 ozs. fruit (any kind available)
4 ozs. fat	Milk to mix
2 teaspoonsful Miller's British Baking Powder	
$\frac{1}{4}$ teaspoon salt	

Cream fat and sugar to a light cream, beat in sieved dried egg. Add the flour sieved with the baking powder and salt, with sufficient milk to make the mixture a soft consistency. Add the cleaned fruit. Put into a greased and floured tin and bake in a moderate oven about $1\frac{3}{4}$ hours.

Electric Temperature 350° F.

Regulo No. $3\frac{1}{2}$

See Hint at foot of page 5

MILLER'S FOR HOME BAKING

GINGER BUNS

- | | |
|---|--|
| 8 ozs. flour | $\frac{1}{4}$ teaspoonful salt |
| 3 ozs. dripping or margarine | 1 tablespoonful syrup or black treacle |
| About $\frac{1}{8}$ pint milk | |
| 1 teaspoonful ground ginger | |
| 1 heaped teaspoonful Miller's British Baking Powder | |

Sieve all dry ingredients, rub in the fat lightly. Make a well in the centre and pour in the warmed syrup or treacle. Add milk and mix well. The mixture should be fairly stiff. Bake in greased tins for 15 to 20 minutes in a moderately hot oven.

Electric Temperature 375° F. Regulo No. 4 $\frac{1}{2}$

CHOCOLATE POTATO BUNS

- | | |
|--|-------------------------|
| 3 ozs. sugar | 2 dried eggs |
| 2 ozs. margarine | 4 tablespoonful water |
| 4 ozs. flour | $\frac{3}{4}$ oz. cocoa |
| 2 ozs. mashed potatoes | Pinch of salt |
| $\frac{1}{4}$ teaspoonful Miller's British Baking Powder | |

Cream margarine and sugar to a light cream, beat in sieved dried egg. Mix in the sieved flour, baking powder and cocoa with the water, then add the potatoes. Put into greased tins and bake in a moderately hot oven for 10—20 minutes.

Electric Temperature 375° F. Regulo No. 4 $\frac{1}{2}$

SAVOURY CRUNCHIES

- 4 ozs. short crust pastry
FILLING : 2 ozs. breakfast cereal or toasted oatmeal
1 oz. melted margarine 1 oz. grated cheese
Pepper, salt and mustard to season Milk to mix

Roll the pastry into a length 10×2 $\frac{1}{2}$ inches and put on a baking tin. Mix the flakes, fat, cheese and seasoning with milk to make a fairly stiff paste and spread on the pastry. Bake in a quick oven about 20 minutes.

Electric Temperature 425° F. Regulo No. 6

MILLER'S SPECIAL FRUIT CAKE

- | | |
|--|--|
| 8 ozs. flour | 1 teaspoonful Miller's British Baking Powder |
| 1 level teaspoonful Miller's Bicarbonate of Soda | 1 level teaspoonful salt |
| 8 ozs. mixed dried fruit | 2 ozs. sugar |
| 2 ozs. margarine | $\frac{1}{2}$ teaspoonful mixed spice |
| $\frac{1}{4}$ pint of water | |

Put the fruit, sugar, fat and water into a pan, bring to the boil and boil one minute ; allow to cool. Sieve the flour, salt, baking powder, bicarbonate of soda and spice. Pour in the contents of the pan and mix well. Put into a greased tin and bake in a moderate oven.

Electric Temperature 350° F. Regulo No. 3 $\frac{1}{2}$

HOME BAKING FOR HEALTH

POTATO ROCK CAKES

6 ozs. flour	1 oz. sugar
2 ozs. margarine	$\frac{1}{4}$ teaspoon salt
Flavouring (see below)	1 dried egg
1 teaspoonful Miller's	4 ozs. mashed potatoes
British Baking Powder	

Sieve the flour, salt and baking powder, rub in the fat. Add the other dry ingredients and the potatoes and mix lightly. Flavour with Almond, Vanilla or Lemon Essence (or substitute). Add milk and mix thoroughly to a stiff paste. Place on a greased baking sheet in dessertspoonsfuls and bake in a hot oven for about 20 minutes.

Electric Temperature 400° F.

Regulo No. 5

SPICED CAKE

12 ozs. flour	2 teaspoonful mixed spice
3 ozs. sugar	1 teaspoonful ground cinnamon
3 ozs. lard or margarine	About $\frac{1}{2}$ pint milk
2 dried eggs	6 ozs. any kind of dried fruit
$\frac{1}{4}$ teaspoon salt	
1 heaped teaspoonful Miller's	British Baking Powder

Sieve the flour, salt, spices, dried egg and baking powder. Rub in the fat, mix in the prepared fruit, mix to a dropping consistency with milk, adding more if necessary. Put into a greased and floured tin and bake in a moderate oven $2\frac{1}{2}$ to 3 hours.

Electric Temperature 300° F.

Regulo No. 3

CHEESE ROLLS

POTATO CRUST :

8 ozs. cooked potatoes	1 oz. fat
2 ozs. flour	$\frac{1}{2}$ teaspoon salt
A level teaspoonful of Miller's British Baking Powder	

FILLING :

Grated cheese, mustard, salt and pepper to season

Mash the potatoes and add the fat and salt, mix in well. Sieve the baking powder and the flour and mix into the potatoes. (No water required.) Roll out, cut into oblongs, sprinkle cheese and seasonings over. Roll up and put on a baking tin. Bake in a hot oven for about 25 minutes.

Electric Temperature 450° F.

Regulo No. 7

MILLER'S FOR HOME BAKING

PARSLEY PUDDING

8 ozs. flour	1 teaspoonful Miller's British
2 ozs. grated raw potato	Baking Powder
2 ozs. suet or cooking fat	4 heaped tablespoonsful
Cold water to mix	chopped parsley
	$\frac{1}{2}$ teaspoon salt

FILLING : 1 or 2 rashers chopped bacon 2 ozs. chopped liver
4 tablespoonsful chopped parsley
1 heaped tablespoonsful gravy powder

Prepare the crust to make a soft dough. Make $\frac{1}{2}$ pint of gravy by simmering the parsley stalks and bacon rinds together. Strain and thicken with gravy powder and boil up. Roll out the crust and spread with the chopped liver, bacon and parsley, using just enough gravy to moisten well. Roll up ; tie in a scalded and floured cloth. Steam for $1\frac{1}{2}$ hours and serve with the rest of the gravy.

STEAMED CARROT OR BEETROOT PUDDING

4 ozs. grated raw carrot	About $\frac{1}{4}$ pint milk
or beetroot	1 oz. sugar Pinch of salt
4 ozs. flour	4 to 8 ozs. dried fruit
3 ozs. breadcrumbs	2 ozs. shredded suet or
1 dried egg	melted margarine
$\frac{1}{2}$ teaspoonful Miller's British Baking Powder	

Mix the dry ingredients together with the grated vegetable. Add milk to make a fairly dry mixture. Turn into a greased basin, cover with greased paper and steam 2 to 3 hours.

CHOCOLATE APPLE PUDDING

6 ozs. flour	$1\frac{1}{2}$ ozs. cocoa
2 ozs. margarine	1 medium sized apple or
3 ozs. sugar, honey or	1 oz. apple rings
syrup	Pinch of salt
Milk to mix	
1 teaspoonful Miller's British Baking Powder	

Sieve the flour, salt and baking powder and rub in the fat. Add the sugar and cocoa. Peel and chop the apple and with the other ingredients mix with the milk to give a soft dough. Steam in a greased basin for about $1\frac{1}{2}$ hours. Serve with a thin custard sauce.

Hints on Steamed and Boiled Puddings

If only a small amount of fat can be spared it is a good plan to use more Miller's British Baking Powder.

If short of sugar, omit it from the pudding and use what can be spared for a sweet sauce.

Use sweet dried fruits with acid fruits, i.e., dates and rhubarb, prunes and apples.

HOME BAKING FOR HEALTH

OAT FLAKE DODGERS

- 4 heaped tablespoonsful rolled oats
- 4 heaped tablespoonsful flour
- 1 teaspoonful Miller's British Baking Powder
- $\frac{1}{4}$ teaspoonful salt
- 1 breakfastcupful milk and water

Sieve the flour, baking powder and salt, mix in the rolled oats. Add the liquid gradually, mix well and leave for 5 minutes. Pour into a hot, well-greased frying pan, cover with a lid, keeping enough space between lid and batter to allow for a little rising. Cook over a low heat for about 10 minutes, turn over and cook another 4 to 5 minutes. When it has cooled a little cut it into thick slices with a sharp knife and sprinkle with sugar and a little cinnamon.

SCOTCH BUN SLICE

Shortcrust Pastry (page 15)

FILLING :

- 1 teacupful grated carrot
- 2 to 3 ozs. chopped soaked prunes or any other dried fruit
- 2 tablespoonsful sugar
- 1 teaspoonful mixed spice
- 1 teacupful stale breadcrumbs
- 1 teacupful prune juice or jam and water
- Pinch of salt

Roll out the pastry and line a deep tin with part of it. Mix all the filling ingredients together to make a moist dough. Fill the pastry-lined tin with the mixture, smoothing it down evenly. Cover with the rest of the pastry. Bake in a moderately hot oven until the pastry is well cooked and brown. Cut into slices when cool.

Electric Temperature 375° F.

Regulo No. 4 $\frac{1}{2}$

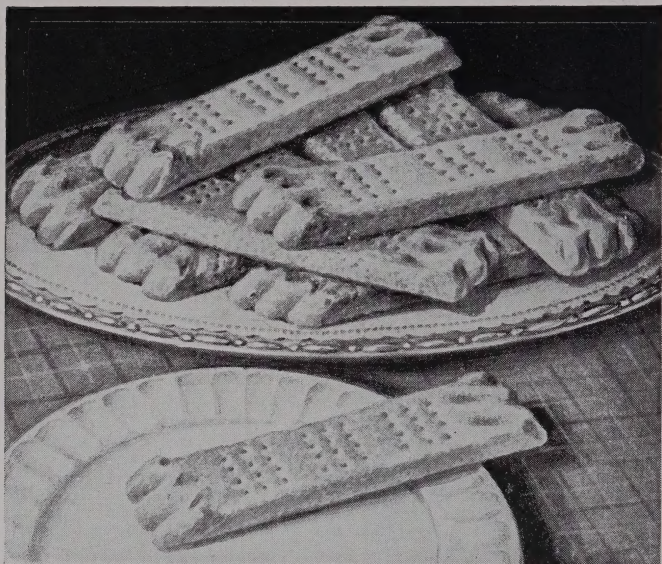
Can be served hot with custard. Carries well in packed lunches.

POTATO AND CARROT PANCAKE

- | | |
|-------------------------------|----------------------------------|
| 2 cupsful grated raw carrot | $\frac{1}{2}$ teaspoonful salt |
| 2 cupsful grated raw potato | $\frac{1}{8}$ teaspoonful pepper |
| 3 heaped tablespoonsful flour | 2 dried eggs and |
| 1 teaspoonful Miller's | 4 tablespoons water |
| British Baking Powder | |

Mix the potato, carrot, flour, baking powder and seasonings together and mix with the soaked egg. Press into a frying pan with a little hot fat and fry on both sides until brown. Serve cut into slices with grilled sausage, tomato or bacon on each slice.

MILLER'S FOR HOME BAKING



NATIONAL WHEATMEAL SHORTBREAD

2 ozs. sugar	7 ozs. flour
4 ozs. margarine	Pinch of salt
$\frac{1}{2}$ teaspoonful Miller's British Baking Powder	

Sieve the flour, salt and baking powder, add sugar, rub in the fat until a paste is formed (without any liquid). Roll out ; cut into fingers and bake in a moderately hot oven 10 to 15 minutes.

Electric Temperature 350° F.

Regulo No. 3 $\frac{1}{2}$

This is a shortbread of real " melt-in-the-mouth " deliciousness, and the wheatmeal flavour, which is not too prominent, gives it a special charm of its own.

HOME BAKING FOR HEALTH

LEMON CURD TART

PASTRY : *To your choice*

FILLING :

1 oz. margarine	3 ozs. sugar
1 egg	Lemon flavouring
1 level teaspoonful cornflour or custard powder	

Mix the cornflour to a paste with a little water. Melt margarine and add the cornflour, cook one minute. Add the sugar, beaten egg and flavouring and cook very gently until the mixture thickens, stirring all the time. Use in the usual way.

CHRISTMAS CAKE

4 ozs. sugar	4 ozs. margarine
6 ozs. flour	$\frac{3}{4}$ lb. mixed fruit
2 eggs	(currants, sultanas, etc.)
1 level teaspoonful spice	Pinch of salt
1 level teaspoonful Miller's British Baking Powder	

Cream the sugar and fat, add the eggs one at a time, beating very well. Stir in the sieved spice, baking powder, salt and the flour, then the cleaned fruit. Bake in a 7 inch cake tin in a moderate oven about 2 hours. If dried eggs are used add 4 tablespoons water.

Use any decorations available.

Electric Temperature 300° F.

Regulo No. 3

DUNDEE CAKE

6 ozs. margarine	8 ozs. mixed dried fruit
6 ozs. sugar	$\frac{1}{2}$ oz. blanched almonds or other
8 ozs. flour	nuts (if available)
Pinch of salt	2 or 3 eggs
$\frac{1}{2}$ teaspoonful Miller's British Baking Powder	

If sultanas and currants are scarce, use figs, dates or prunes.

Cream fat and sugar. Beat in the eggs gradually. Stir in the sieved baking powder, salt and flour, then the fruit. Turn into a greased and floured tin. Sprinkle the top with any nuts available. Bake in a moderate oven for 1½ to 2 hours.

Electric Temperature 300° F.

Regulo No. 3

MILLER'S FOR HOME BAKING



ROCK BUNS

8 ozs. flour	1 oz. currants
3 ozs. margarine or dripping	1 egg
3 ozs. sugar	Milk to mix
A little nutmeg	$\frac{1}{4}$ teaspoon salt
1 teaspoonful Miller's British Baking Powder	

Sieve the flour, salt, baking powder and nutmeg. Rub in the fat. Add other dry ingredients. Mix to a stiff paste with the beaten egg and milk. Put into small heaps on a greased baking sheet and bake in a hot oven for 15 to 20 minutes.

Electric Temperature 400° F.

Regulo No. 5

These are excellent for inclusion in the packed lunches which are so much a feature of present days.

HOME BAKING FOR HEALTH

SUET PASTRY

- | | |
|---|----------------------------------|
| $\frac{1}{2}$ cupful flour | $\frac{1}{2}$ cupful breadcrumbs |
| $\frac{1}{2}$ cupful shredded suet | Cold water to mix |
| $\frac{1}{4}$ teaspoon salt | |
| $\frac{1}{2}$ teaspoonful <i>Miller's British Baking Powder</i> | |

Sieve flour, salt and baking powder into the breadcrumbs. Chop or shred the suet finely and add to the mixture. Mix with cold water. Use for sweet or savoury puddings as desired.

Cooking Suet Pastry—Whether boiled or steamed it is essential that the water is kept boiling fast, but not allowed to boil away. If it is necessary to add water to the vessel, boiling water should be added.

POTATO PASTRY

- | | |
|---|------------------------|
| 8 ozs. flour | 4 ozs. mashed potatoes |
| 2 ozs. fat | Water to mix |
| $\frac{1}{2}$ teaspoonful salt | |
| 1 level teaspoonful <i>Miller's British Baking Powder</i> | |

Sieve the flour, salt and baking powder. Rub in the fat. Mix in the mashed potatoes lightly and mix to a fairly stiff dough with cold water.

SHORTCRUST PASTRY

- | | |
|---|--------------------------------|
| 8 ozs. flour | $\frac{1}{2}$ teaspoonful salt |
| 4 ozs. lard | Cold water to mix |
| $\frac{1}{2}$ teaspoonful <i>Miller's British Baking Powder</i> | |

Sieve the flour, salt and baking powder, rub in the fat with the finger tips, lifting the mixture up to enclose plenty of air. Mix to a stiff paste with cold water. Use for savoury pies.

RICH POTATO SHORTCRUST

- | | |
|---|--------------------------------|
| 4 ozs. flour | 2 ozs. fat |
| 3 ozs. mashed potatoes | $\frac{1}{4}$ teaspoonful salt |
| Cold water | |
| $\frac{1}{4}$ teaspoonful <i>Miller's British Baking Powder</i> | |

Sieve the flour, salt and baking powder, rub in the fat. Add the mashed potatoes and mix in lightly with cold water to a stiff dough. Use for fruit pies, tarts, etc.

MILLER'S FOR HOME BAKING

POTATO PASTRY WITHOUT FAT

8 ozs. warm *mashed potatoes* *A little salt*
4 ozs. *flour*
1 *teaspoonful Miller's British Baking Powder*

Mash the potatoes while hot. Add the flour, salt and baking powder and work into a paste without any liquid. Roll out as required and use for savoury pies. This pastry is very good if eaten hot.

POTATO SUET-CRUST PASTRY

6 ozs. *flour* 2 ozs. *suet*
2 ozs. *breadcrumbs* *Pinch of salt*
2 ozs. *grated raw potato* *Cold water*
 $\frac{1}{2}$ *teaspoonful Miller's British Baking Powder*

Sieve the flour, baking powder and salt. Add the breadcrumbs, shredded suet and grated raw potato. Mix to a soft dough with cold water. Roll out and use for roly-poly, etc.

OATMEAL PASTRY

$\frac{1}{2}$ *teacupful fine oatmeal* $1\frac{1}{2}$ *teacupful flour*
3 ozs. *fat* *Cold water to mix*
 $\frac{1}{2}$ *teaspoonful salt*
 $\frac{1}{2}$ *teaspoonful Miller's British Baking Powder*

Mix all dry ingredients and rub fat in. Mix to a stiff dough with cold water. Roll out thinly.

This oatmeal pastry is particularly useful, and may also be used for biscuits. Try rolling it out very thinly, cutting it into fingers and making it into a sandwich with a filling of cinnamon and sugar, or a few currants or sultanas and baking until crisp. Or roll it out thinly, cut into neat squares and bake it. Then serve the biscuits spread with savoury paste, honey or jam.

These crispy titbits will be very useful for party snacks.

Give a clever cook a Tin of Miller's British Baking Powder and she can work wonders with a minimum of fat, as the above recipes testify.

HOME BAKING FOR HEALTH

MEAT AND VEGETABLE PIE

PASTRY : *POTATO or OATMEAL (pages 15 and 16)*

FILLING : 4 ozs. minced meat $\frac{1}{2}$ bunch watercress
 2 or 3 carrots A little cabbage
 2 or 3 potatoes A little cauliflower
 1 or 2 tomatoes (optional) Stock and seasoning

Prepare the vegetables, dice the carrots and potatoes, slice tomatoes, shred cress and cabbage. Arrange in layers in a piedish with the meat and season well. Cover with potato or oatmeal pastry. Bake in a hot oven.

Electric Temperature 400° F.

Regulo No. 5

MINCE ROLY-POLY

PASTRY : (*for when there is NO suet*)

8 ozs. flour
1 heaped teaspoonful Miller's British Baking Powder
1 level teaspoonful salt
2 ozs. fine semolina
2 ozs. grated raw potato

FILLING : 8 ozs. raw minced beef, 2 chopped spring onions (or a leek) if obtainable, 2 grated carrots, a good pinch of mixed herbs, a little vegetable liquor to blend, salt and pepper.

To make the pastry mix the flour, semolina, salt and baking powder, add the grated raw potato and a little water if necessary. Knead lightly and roll out to an oblong shape. Mix together the minced meat, finely grated carrot and onion, herbs and seasoning, using a little vegetable liquor to make a soft consistency. Spread over the pastry, leaving a good margin all round and sprinkle with salt and pepper. Damp the edges, roll up, pressing the edges firmly together. Place in a greased paper and steam for $2\frac{1}{2}$ hours. Serve hot with vegetable accompaniments.

MILLER'S LUNCH-TIME MORSELS

PASTRY :

8 ozs. flour 1 level teaspoonful Miller's
1 level teaspoonful salt British Baking Powder
3 ozs. lard Water to mix

FILLING : 4 tablespoonsful cooked lentils, 4 tablespoonsful breadcrumbs, a pinch of salt and pepper, a pinch of mixed herbs, a pinch of curry powder.

Make the pastry in the usual way. Roll out and cut into large circles. Wash and cook the lentils ; add the breadcrumbs and seasonings, mixing well together. Put a portion of mixture on each circle of pastry, moisten the edges and make into pasties. Bake in a hot oven until a golden brown.

Electric Temperature 425° F.

Regulo No. 6

MILLER'S FOR HOME BAKING

POTATO SAUSAGE ROLLS

PASTRY : RICH POTATO SHORTCRUST (page 15)

FILLING :

$\frac{1}{4}$ lb. sausage
Seasoning

3 ozs. mashed potatoes

Skin the sausages and mix with the mashed potatoes and seasoning. Prepare the pastry and roll out into a long strip. Roll the filling into a long length, using a little flour. Place on the pastry, damp the edges, roll up, pressing the edges well together. Cut into 3 inch lengths with a sharp knife. Snip the tops with scissors. Bake in a moderately hot oven about 20 to 25 minutes.

Electric Temperature 400° F.

Regulo No. 5

DATE AND APPLE PIE

PASTRY : To your own choice

$\frac{1}{2}$ lb. dates

1 lb. cooking apples

Wash the dates, put them into a basin, cover with boiling water and soak for 1 hour. Strain, then chop the dates, removing the stems. Core and slice the apples. Fill the piedish, cover with pastry and bake in a moderately hot oven about 40 to 45 minutes.

Electric Temperature 375° F.

Regulo No. 4 $\frac{1}{2}$

BAKED DATE, FIG OR PRUNE ROLL

PASTRY : $\frac{1}{2}$ lb. RICH POTATO SHORTCRUST (page 15)

*FILLING : $\frac{1}{2}$ lb. stoned dates, figs or prunes. A little nutmeg
Boiling water*

Chop the dates, put them into a basin, cover with boiling water. Allow to stand. Pour off the water. Add the nutmeg and mash with a fork. Prepare the pastry, roll into an oblong. Moisten the edges and spread the date filling to within an inch of the edge. Roll up and secure the ends. Bake on a greased baking sheet in a hot oven about 40 to 45 minutes. Serve with custard.

Electric Temperature 375° F.

Regulo No. 4

HOME BAKING FOR HEALTH



GINGER NUTS

8 ozs. flour	2 ozs. margarine
2 ozs. sugar	1 teaspoonful ground ginger
Pinch of spice	$\frac{1}{4}$ teaspoon salt
2 tablespoonsful syrup, treacle or honey	
1 teaspoonful Miller's British Baking Powder	

Mix dry ingredients, rub in fat and add sugar. Warm treacle if stiff and add to mixture to form a soft dough just firm enough to handle. Divide into pieces, walnut size, and form into balls. Bake on a greased and floured tin in a moderately hot oven 10 to 20 minutes. Allow to cool on the baking tin.

Electric Temperature 350° F.

Regulo No. 3 $\frac{1}{2}$

Instead of ginger you may try cinnamon, nutmeg, mace, ground caraway or any other flavouring you fancy.

MILLER'S FOR HOME BAKING

MADEIRA CAKE

4 ozs. margarine 2 dried eggs
4 ozs. sugar Milk if necessary
6 ozs. flour
 $\frac{1}{2}$ teaspoonful Miller's British Baking Powder

Beat fat and sugar to a cream, add the sieved dried eggs and beat until the mixture is stiff and uniform. Stir in the flour with the baking powder, adding milk to form a soft mixture. Put into a greased and floured tin (which should not be more than half full) and bake in a moderately hot oven for about $1\frac{1}{4}$ hours.

Electric Temperature 325° F.

Regulo No. $3\frac{1}{2}$

IRISH SPONGE CAKE

3 ozs. sugar Pinch of salt
2 ozs. margarine 2 ozs. mashed potato
4 ozs. flour 2 tablespoonsful warm milk
1 dried egg
1 teaspoonful Miller's British Baking Powder

Cream the fat and sugar, add the sieved dried egg, mix in the flour, salt and baking powder together with the milk. Lastly stir in the mashed potato. Put the mixture into two greased sandwich tins and bake in a moderately hot oven for about 20 to 25 minutes. Sandwich together with any filling to hand.

Electric Temperature 375° F.

Regulo No. $4\frac{1}{2}$

MILKLESS SCONES

8 ozs. flour or 4 ozs. 3 ozs. margarine or
flour and 4 ozs. 2 ozs. lard or vegetable fat
fine oatmeal Cold water
 $\frac{1}{2}$ teaspoonful salt
 $1\frac{1}{2}$ teaspoonsful Miller's British Baking Powder

Mix the flour, salt and baking powder, rub in the fat. Work in enough cold water to give an elastic dough. Roll out about $\frac{3}{4}$ inch thick. Cut into shapes. Bake on a greased tin in a hot oven 15 to 20 minutes.

If sweet scones are required add 1 or 2 ozs. sugar and 2 ozs. of any kind of dried fruit.

Electric Temperature 450° F.

Regulo No. 7

TO PREPARE CAKE TINS

Grease with lard or cooking fat (not margarine) and dust with flour.

HOME BAKING FOR HEALTH

SPONGE CAKE (EGGLESS)

2 ozs. margarine 2 ozs. sugar
6 ozs. flour About $\frac{1}{4}$ pint milk
 $1\frac{1}{2}$ teaspoonsful Miller's British Baking Powder
2 teaspoonsful custard powder
A little vanilla flavour Pinch of salt

Cream the margarine and sugar. Sieve in all the dry ingredients and mix into a dropping consistency with the milk, add flavouring. Bake in two greased and floured sandwich tins in a hot oven for 15 to 20 minutes. Sandwich together with chocolate spread.

Electric Temperature 400° F.

Regulo No. 5

This cake should be eaten fresh.

CHOCOLATE SPREAD

$\frac{1}{4}$ pint milk 1 dessertspoonful flour
2 dessertspoonsful sugar 3 dessertspoonsful cocoa

Blend the flour, cocoa and sugar with a little milk, pour over the rest when boiling, return to the pan and stir until smooth and thick. Use when cold.

A delicious spread for the kiddies' tea when the fat ration is finished.

EMERGENCY ROLLS

1 lb. flour Cold water
1 teaspoonful salt
3 teaspoonsful Miller's British Baking Powder

Mix the flour, salt and baking powder. Mix to a soft dough with cold water. Divide into 12 pieces, form into rolls. Bake in a hot oven for 15 to 20 minutes.

Electric Temperature 450° F.

Regulo No. 7

For best results it is most important to see that you get Miller's British Baking Powder.

MILLER'S FOR HOME BAKING

NATIONAL WHEATMEAL SCONES

8 ozs. flour 1 oz. fat
 $\frac{1}{2}$ teaspoonful salt Milk to mix (about $\frac{1}{4}$ pint)
 $1\frac{1}{2}$ teaspoonsful Miller's British Baking Powder

Mix the dry ingredients. Rub in the fat. Add sufficient milk to make a soft dough. Roll out and cut into shapes. Bake in the oven or on the electric hotplate, heated with the switch at "Low" for 5 to 6 minutes.

Electric Temperature 425° F.

Regulo No. 6

POTATO SPLITS

4 ozs. flour 2 ozs. fat
6 ozs. mashed potatoes 1 teaspoonful salt
 $\frac{1}{4}$ pint milk
1 teaspoonful Miller's British Baking Powder

Mix the flour, salt and baking powder, rub in the fat. Lightly mix in the mashed potatoes. Mix to a soft dough with milk. Roll out to $\frac{1}{2}$ inch thick; cut into rounds. Bake in a moderately hot oven about 20 minutes. When cold cut through to make a sandwich with shredded vegetables mixed with salad cream, gravy or sauce, or with any sandwich spread.

Electric Temperature 425° F.

Regulo No. 6

CHEESE POTATO SCONES

1 lb. mashed potatoes 2 ozs. margarine
2 ozs. flour $\frac{1}{2}$ teaspoonful salt
 $1\frac{1}{2}$ ozs. grated cheese $\frac{1}{8}$ pint milk
1 teaspoonful Miller's British Baking Powder

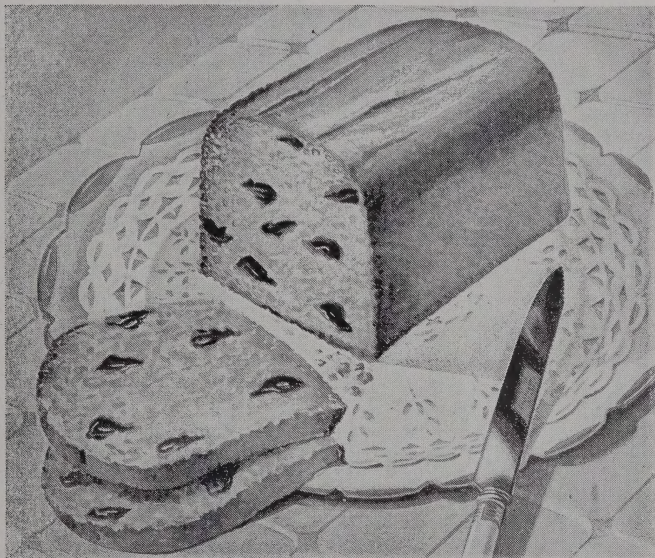
Put mashed potatoes in a bowl, add flour, salt and grated cheese. Mix in baking powder, then the melted fat. Add about 4 table-spoonsful milk to make a fairly stiff paste. Roll out about $\frac{1}{2}$ inch thick and bake on a greased tin in a moderately hot oven.

Electric Temperature 425° F.

Regulo No. 6

To save fuel, time and effort arrange your cooking so that the oven is used to its full capacity.

HOME BAKING FOR HEALTH



DATE LOAF

8 ozs. flour	4 ozs. sugar
8 ozs. dates or any other dried fruits	2 ozs. margarine
$\frac{1}{4}$ teaspoonful Miller's British Baking Powder	$\frac{1}{4}$ teaspoonful Miller's Bicarbonate of soda
1 dried egg	Pinch of salt
	$\frac{3}{4}$ cupful boiling water

Wash the dates and remove the stones—cut into pieces. Sprinkle them with the soda and pour over $\frac{3}{4}$ cup of boiling water. Leave for a short time and then stir well. Cream the fat and sugar, beat in the egg (previously sieved) and add all the ingredients. Mix well. Put into a greased 1 lb. loaf tin and bake in a moderate oven 1 to $1\frac{1}{2}$ hours.

Electric Temperature 350° F.

Regulo No. $3\frac{1}{2}$

MILLER'S FOR HOME BAKING

FRUIT SHORTCAKE

8 ozs. flour	1 oz. sugar
2 ozs. fat	Milk to mix
4 ozs. mashed potato	Pinch of salt
2 teaspoonsful Miller's British Baking Powder	

Rub the fat into the dry ingredients and lightly mix in the mashed potato. Mix to a soft dough. Divide into two rounds and roll out to $\frac{1}{2}$ inch thick. Bake in a hot oven. When cool, put together with stewed fruit or jam between and spread the top with fruit.

Electric Temperature 450° F.

Regulo No. 7

This Shortcake can be served as a hot sweet with custard poured over.

BAKEWELL TARTS

$\frac{1}{2}$ lb. Shortcrust Pastry (see page 15)

FILLING :

4 ozs. cooked haricot beans	2 dried eggs
1 $\frac{1}{2}$ ozs. sugar	Almond essence to flavour
1 $\frac{1}{2}$ ozs. margarine	

Cream the sugar and fat, add the sieved cooked beans and mix well. Reconstitute the eggs and beat in thoroughly. Flavour with almond essence to taste. Line patty tins with pastry, put in a little jam and pour over the filling. Bake in a moderate oven.

Electric Temperature 375° F.

Regulo No. 4 $\frac{1}{2}$

MARZIPAN

4 ozs. sugar	2 tablespoonsful water
4 ozs. Soya flour	2 small teaspoonsful almond
2 ozs. margarine	essence

Melt margarine in water, remove from heat and add essence. Stir in 3 ozs. of sugar and the Soya flour. Turn on to the board and knead in the rest of the sugar. Use as desired.

USES :

- For covering cakes, shape into a round to fit the size of cake. Use a fork to score the top and brown in the oven.
- For sweets, shape marzipan while warm. Attractive results can be obtained by shaping the mixture into little fruits, tinting with cochineal or saffron, or by stuffing dates and putting dried fruits on top of fancy shapes or by rolling into grated chocolate or in cocoa.

ALMOND MACAROONS. Mould the above marzipan into biscuits and bake in a moderate oven.

Electric Temperature 375° F.

Regulo No. 4 $\frac{1}{2}$

HOME BAKING FOR HEALTH

ROUGH PUFF PASTRY

8 ozs. flour
5 ozs. lard
1 teaspoonful Miller's British Baking Powder

$\frac{1}{2}$ teaspoonful salt
Cold water to mix

Mix the flour, baking powder and salt in a bowl. Cut the lard into small pieces and mix with the flour, using a knife. (Do not rub the lard in.) Mix to a stiff paste with cold water. Turn on to a floured board and roll out into a narrow strip; fold into three, turn one of the open ends towards you and roll out again. Do this three times. Roll into the shape desired.

NOTE—Always take care to roll from you. Do not break the air bubbles that will rise. BAKE IN A HOT OVEN.

Electric Temperature 450° F.

Regulo No. 7

PUFF BALLS

4 ozs. flour
2 ozs. suet or margarine
1 teaspoonful sugar or syrup
1 level teaspoonful Miller's British Baking Powder

1 dessertspoonful dried milk
1 dried egg

Sieve the flour, salt, baking powder, dried egg and milk. Mix in the fat. Form into 8 small balls and put on a greased plate. Place in a steamer and steam for about an hour. Serve with golden syrup, jam or marmalade.

CHEESE AND SEMOLINA SOUFFLE WITH TOMATOES

$\frac{1}{2}$ lb. tomatoes, fresh,
tinned or bottled
1 oz. semolina
 $\frac{1}{2}$ pint milk (dried will do)
1 small teaspoonful Miller's British Baking Powder

3 ozs. grated cheese
1 dried egg (reconstituted)
Salt, pepper and mustard to
taste

Slice tomatoes thinly and lay in a shallow fireproof dish. Cook the semolina and milk together until thickened. Add half the cheese and the reconstituted egg. Season and add the baking powder. Pour the mixture over the tomatoes, sprinkle the rest of the cheese over the top. Bake in a moderately hot oven for about 30 minutes until well risen and golden brown.

Electric Temperature 375° F.

Regulo No. 4 $\frac{1}{2}$

MILLER'S FOR HOME BAKING

POTATO PIKELETS

4 ozs. flour	Salt
2 ozs. mashed potato	Water to mix
1 tablespoonful dried milk	1 dried egg
1 teaspoonful Miller's British Baking Powder	

Sieve the salt, baking powder, dried milk, dried egg and flour. Lightly mix in the mashed potato. Beat to a very light mixture with cold water. Bake on greased hotplates or a hot girdle; when brown underneath turn over to cook the other side. Toast until crisp, butter and serve at once.

"APPLE-CHEESE" CAKES

4 ozs. apples	1 dessertspoonful dried egg
1 oz. sugar or syrup	(reconstituted)
1 oz. margarine	Lemon flavouring
$\frac{1}{4}$ lb. shortcrust pastry	(see page 15)

Peel, core and slice the apples. Stew with 1 dessertspoonful water until tender. Add the margarine, sugar and lemon flavouring. Allow to cool and beat in the egg. Line patty tins with the pastry and put in a little of the mixture. Bake in a moderately hot oven about 20 minutes.

Electric Temperature 375° F.

Regulo No. 4 $\frac{1}{2}$

POTATO PARKIN FINGERS

6 ozs. oatmeal or rolled oats	$\frac{1}{2}$ teaspoonful spice
6 ozs. dry mashed potato	$\frac{1}{2}$ teaspoonful cinnamon
2 ozs. fat	1 teaspoonful ground ginger
3 ozs. black treacle or syrup	1 teaspoonful sugar
1 level teaspoonful Miller's British Baking Powder	
Pinch of salt	

Mix all the dry ingredients, rub in the fat. Add the warmed treacle to make a stiff dough. Spread about $\frac{1}{4}$ inch thick in a greased tin, smooth with a knife. Bake in a moderate oven about 20 to 30 minutes. Leave in the tin to cool then cut into slices.

Electric Temperature 325° F.

Regulo No. 3 $\frac{1}{2}$

HOME BAKING FOR HEALTH

CREAM CRACKERS

8 ozs. flour Cold water to mix
2 ozs. cooking fat Salt
2 teaspoonsful Miller's British Baking Powder

Rub the fat into the flour, add baking powder and salt. Mix to a stiff dough with cold water. Roll out thinly. Cut into squares and prick all over. Bake in a brisk oven.

Electric Temperature 425° F.

Regulo No. 6

SUGARLESS SPONGE PUDDING

1 cup, *ul* grated raw potato 1 tablespoonful syrup
1 level tablespoonful dried egg Pinch of salt
1 tablespoonful melted margarine Flavouring
1 heaped teaspoonful Miller's British Baking Powder

Mix the potato, sieved dried egg, syrup and salt together. Stir in the baking powder and then the melted margarine. Add the desired flavouring. Pour into a greased basin and steam for 1½ hours at least.

FLAVOURINGS :

Spiced Pudding—add 2 ozs. fruit and 1 teaspoonful spice.

Chocolate Pudding—add 1 tablespoonful cocoa.

Vanilla—add 1 tablespoonful flour and vanilla essence.

Caution—When mixed according to above instructions the mixture will appear to be unusually moist. Do not add any other ingredient. The mixture will steam into a delightful sponge pudding.

DATE DOUGHBOYS WITH CARAMEL SAUCE

4 ozs. flour ¼ teaspoonful salt
1½ ozs. suet or fat Milk to mix
3 ozs. chopped dates
1 level teaspoonful Miller's British Baking Powder

Mix all dry ingredients. Add the chopped dates and enough milk to make a stiff paste. (If fat is used, rub it into the flour.) Cut into pieces, coat with flour and drop into a pan of salted water. Cook gently from 20 to 30 minutes.

Caramel Sauce

1 tablespoonful syrup ¼ pint milk
½ oz. margarine

Boil together for 10 minutes and pour over Doughboys.

MILLER'S FOR HOME BAKING

SPICED TEA BUNS

1 lb. flour	1 oz. dried milk
3 ozs. sugar	1 teaspoonful spice
3 ozs. fat	1 tablespoonful dried egg
3 ozs. dried fruit	Water to mix
4 ozs. mashed potato	1 teaspoon salt
3 teaspoonsful Miller's British Baking Powder	

Sieve flour, salt, dried milk, dried egg, spice and baking powder. Add the sugar and fruit. Mix to a spongy dough with water. Divide into 24 buns, mould round and bake in a very hot oven about 15 minutes. Glaze the tops with equal quantities of syrup and hot water immediately after taking from the oven.

Electric Temperature 450° F.

Regulo No. 7

UNIVERSAL BISCUITS

7 ozs. flour	1 dried egg
3 ozs. sugar	Flavouring to taste
4 ozs. margarine	Cold water to mix
½ teaspoonful Miller's British Baking Powder	
Pinch of salt	

Cream the fat and sugar, sieve the flour, dried egg, salt and baking powder, add the flavouring and mix to a stiff paste with cold water. Roll out thinly, cut into shapes. Bake on greased tins in a moderately hot oven for 10 to 15 minutes.

Electric Temperature 350° F.

Regulo No. 4

SUGGESTED FLAVOURINGS :

Lemon	} Use essence
Almond	
Vanilla	
Ginger	
Nutmeg	

Caraway
Cinnamon

Spice
Chocolate

PRUNE DUMPLINGS

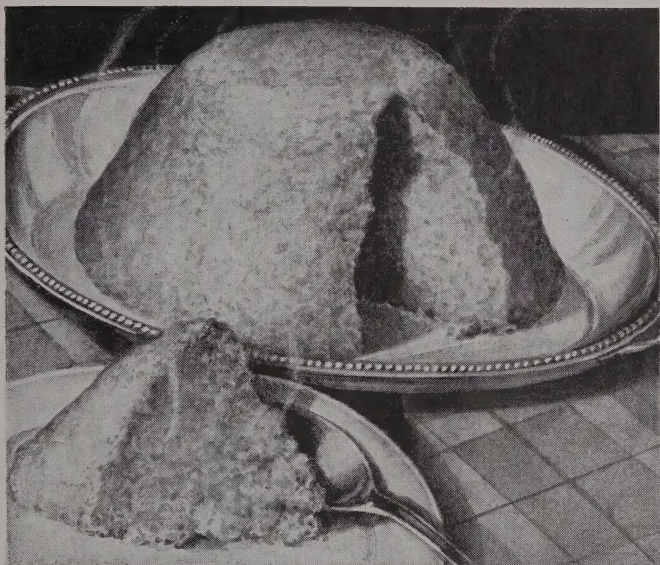
Rough Puff Pastry (see page 25).

Roll out pastry, cut into rounds. Put some soaked chopped prunes on each. Moisten the edges and gather round the prunes. Brush with milk and bake in a hot oven.

Electric Temperature 450° F.

Regulo No. 7

HOME BAKING FOR HEALTH



ALMOND PUDDING

2 ozs. margarine 6 ozs. flour
2 or 3 ozs. sugar 1 egg
 $\frac{1}{2}$ teaspoonful almond essence Milk (a little)
 $\frac{1}{2}$ teaspoonful Miller's British Baking Powder
Pinch of salt

Beat the butter and sugar ; add the egg. Mix thoroughly and stir in lightly the flour, salt and baking powder. Add the essence and sufficient milk to make the mixture into a very stiff batter. Pour into a greased basin and steam for 2 hours. This pudding can be varied by the addition of a little jam, treacle or fruit at the bottom of the basin.

Plain flour and the right proportion of Miller's British Baking Powder—that's the secret of these successful, economical recipes.

MILLER'S FOR HOME BAKING

GOLDEN SPONGE PUDDING **(Steamed)**

4 ozs. flour	$\frac{1}{2}$ teaspoonful Miller's British Baking Powder
8 ozs. mashed potato	
2 ozs. sugar	$\frac{1}{2}$ teaspoonful Miller's Golden Raising Powder
2 ozs. margarine	
3 ozs. stoned chopped prunes or mixed dried fruit	Pinch of salt
	Vanilla essence to flavour
1 dried egg	

Beat together the mashed potato and margarine until light, add the sugar. Beat in the salt, baking powder, golden raising powder, dried egg and flour (all previously sieved). If too stiff add a little cold water. Add the essence and dried fruit.

Steam until set and serve with hot golden syrup sauce.

GOLDEN SPONGE PUDDING **(Baked)**

8 ozs. flour	1 teaspoonful Miller's British Baking Powder
4 ozs. mashed potato	
1 oz. sugar	1 tablespoonful dried milk powder
3 ozs. fat	
1 dried egg	Pinch of salt
1 teaspoonful Miller's Golden Raising Powder	Water to mix

Cream the potato, sugar and fat until light, add the flavouring, then the salt, baking powder, golden raising powder, dried egg, dried milk and flour (all previously sieved). Mix to a soft consistency with water. Bake in a moderately hot oven.

Electric Temperature 350° F.

Regulo No. 4

FLAVOURINGS :

Dried fruit of any kind ; almond or vanilla essence ; or
3 dessertspoonsful cocoa for chocolate pudding or
 $1\frac{1}{2}$ teaspoonsful ground ginger for ginger pudding.

Serve with custard or sauce.

This foundation mixture makes an equally good steamed pudding.

HOME BAKING FOR HEALTH

GOLDEN GINGER CAKE

8 ozs. flour	$\frac{1}{2}$ teaspoonful Miller's Golden
2 ozs. fat	Raising Powder
3 ozs. sugar	1 teaspoonful Miller's
2 tablespoonsful syrup	Bicarbonate of Soda
2 teaspoonsful ground ginger	$\frac{1}{4}$ pint milk
$\frac{1}{2}$ teaspoonful Miller's British	$\frac{1}{4}$ teaspoon salt
Baking Powder	

Bring the fat, milk and syrup to the boil ; allow to cool. Pour into all the dry ingredients and mix well. Put into a well-greased shallow tin and bake in a cool oven 30 to 40 minutes according to the thickness of the cake.

Electric Temperature 300° F.

Regulo No. 3

GOLDEN NOBS

8 ozs. flour	$\frac{1}{2}$ teaspoonful Miller's Golden
3 ozs. margarine	Raising Powder
2 ozs. any dried fruit	A little cinnamon
2 tablespoonsful golden syrup	1 dried egg
$\frac{1}{2}$ teaspoonful Miller's British	2 tablespoonsful water
Baking Powder	$\frac{1}{4}$ teaspoon salt

Sieve the flour, salt, dried egg, baking powder and golden raising powder. Rub in the margarine. Add the chopped fruit. Blend the syrup with the water and mix to a stiff dough. Put on to a greased baking tin in rough heaps. Bake in a hot oven about 20 minutes.

Electric Temperature 400° F.

Regulo No. 5

DATE COOKIES

6 ozs. flour	1 level teaspoonful Miller's
2 ozs. sugar	Golden Raising Powder
2 ozs. margarine	$\frac{1}{2}$ teaspoonful Miller's
4 ozs. chopped dates	Bicarbonate of Soda
1 dried egg	$\frac{3}{4}$ cup water Pinch of salt

Chop the dates, sprinkle with bicarbonate of soda, add the boiling water. Leave to stand for a short time. Cream the fat and sugar, add the sieved flour, golden raising powder, salt and dried egg. Then mix in the date mixture with 2 tablespoonsful cold water (to make up the egg). Bake in greased patty tins for 15 to 20 minutes in a moderate oven.

Electric Temperature 350° F.

Regulo No. 4

MILLER'S FOR HOME BAKING

CHEESE CRISPS

8 ozs. flour	1 teaspoonful Miller's Golden
4 ozs. lard or	Raising Powder
2 ozs. lard and	$\frac{1}{2}$ teaspoonful Miller's British
2 ozs. grated raw potato	Baking Powder
3 ozs. cheese	$\frac{1}{2}$ teaspoonful salt

Make into pastry with water to mix.

FILLING

2 ozs. grated cheese	Salt and pepper
2 tablespoonsful chopped parsley	

Roll out the pastry into a rectangle, sprinkle with the cheese, parsley and seasoning. Roll up into a Swiss roll shape and cut into thin slices. Bake in a hot oven on greased tins until crisp and brown. 15 to 20 minutes.

Electric Temperature 425° F.

Regulo No. 6

Serve these Crisps with

- (1) Vegetable soup (to supply protein)
- (2) Raw vegetable salads
- (3) In place of bread with salad filling, etc.

GOLDEN BREAKFAST CAKES

2 tablespoonsful oatmeal	$\frac{1}{2}$ teaspoonful Miller's Golden
1 tablespoonful flour	Raising Powder
$\frac{1}{4}$ teaspoonful salt	Good shake of pepper
$\frac{1}{4}$ teaspoonful Miller's	Enough milk to make into a
British Baking Powder	batter
1 egg	

Soak the oatmeal overnight in a little milk. Mix dry ingredients. Make a well in the centre, add the egg and soaked oatmeal and mix thoroughly, then add more milk to the consistency of a batter. Make two tablespoonsful of fat smoking hot in frying pan, drop in mixture in spoonful and fry like pancakes.

These may be fried in bacon fat and served with fried bacon.

HOME BAKING FOR HEALTH



Miller's Golden Raising Powder

imparts a good colour and light texture to CAKES, STEAMED PUDDINGS, SCONES, BUNS, TEA CAKES, DUMPLINGS, ETC.

You will be delighted with the results. See recipes in this book.

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